



# Monroe Information Meeting

11 October 2006



## Garrison Commander

- Welcome.

## AAFES (722-0794)

- Fort Monroe Post Exchange:
  - Coming Soon...prepaid gift cards. Starting in November, the Fort Monroe PX will be selling gift cards for the following retail, food and service companies.
    - Prepaid Wireless Carriers: TracFone, Net 10, Cingular, T Mobile, Verizon, Virgin, Universal.
    - Music: iTunes, eMusic, Napster
    - Retail: AMC Theaters, Linens N Things; Applebees, Lowe's, Bass Pro, Omaha Steaks, Bed Bath and Beyond, Pier 1, Borders/Waldenbooks, Regal Cinemas, Boston Market, Ruby Tuesday, Blockbuster, Sharper Image, Cabelas, Spa Finders, circuit city, Starbucks, Foot Locker, timberland, JC Penney
    - Financial Cards: Visa, MasterCard
    - AT&T Long Distance: 4 new prepaid cards will be sold in minutes of 75, 150, 300 & 550.

- Retiree Appreciation Day: One day sale on 26 Oct in honor of the post Retiree Appreciation Day.
  - Furniture Markdowns: Recent markdowns on Cottage Lane upholstered furniture and Home and Office furniture from Aspen, Ameriwood and Sauder.

- Take Off Pounds Sensibly (TOPS) Chapter #VA718, Fort Monroe: Meets every Wednesday, @ 12:10 (weigh in at 12:00), Rm 262 or 265, Building 82, 60 Ingalls Road. Fort Monroe Leader is Ms. Brenda Neilson, 722-0794.

## Army Education Center (788-2454)

- Saint Leo University registration for the Fall II term continues through 22 Oct. classes will run 23 Oct - 16 Dec. Flyer provided.

- Norfolk State University will host a Military Information Day on their campus on 18 November from 10 am to 1 pm. Flyer provided.

- American Education Week will be celebrated, 12 - 18 Nov.

- ODU rep at Ft Monroe every 3rd Thursday at 1030-1130 to present information on the Military Career Transition Program (MCTP). Walk in are welcome.



# Monroe Information Meeting



## American Red Cross (788-2359)

- Fort Monroe hosted Red Cross Blood Drive will be held at the Community Activities Center on 8 November, from 9am to 3pm. For more information call X-2359. Flyer provided.

## Chaplain (788-4672)

- Sunday Worship Services (Chapel of the Centurion)
  - Episcopal - 7:45 am
  - Protestant - 9:30 am and 11:00 am
  - Sunday School (Chapel Center) - 9:30 am
- Chapel Center Wednesday Night Activities
  - Family Fellowship Night Suppers - 1700
  - Bible Study classes for all ages - 1800
    - Current Adult Studies: "Why Men Don't Want to Go to Church" - John Gately, (Men Only)
    - The Book of Daniel - CH Feehan and CH Scharff
    - The Bible (Isaiah) - Jim and Bobbie Harsch
  - Choir Practice - 1900
- Protestant Women of the Chapel meet every Tuesday at 0930 at the Chapel Center.
  - Theme this quarter is "expressing our diversity within our unity."
  - Fall classes are:
    - "Enhancing your Marriage"
    - Thessalonians - "Becoming a Vessel of Honor"
- Assembling Rapid Deployment Kits.  
3rd Mondays at 1000, Rouse Towers
- Operation Christmas Child Sponsored by Samaritan's Purse with Franklin Graham
  - Volunteers place personal items needed by girls or boys in a shoe box, wrap and label appropriately for boy or girl and recommended age.
  - More Information is available at the Chapel and Chapel Center.
  - Last day of collection will be 5 November and drop off box is located in the Chapel Center



# Monroe Information Meeting



## Civilian Personnel Advisory Center (788-2457)

➤ Health Benefits Open Season / Health Fair - Fair will be conducted at the Fort Monroe Fitness Center on 2 Nov from 0930-1400. (flyer provided)
➤ Brown Bag Seminars
➤ Job Information Center formerly located in Building 82 will be closing indefinitely.

## Craven Army Health Clinic (314-8045)

➤ Craven Army Health Clinic Hours of Operation <ul style="list-style-type: none"><li>➤ Mon - Fri, 0730-1630 except Thurs, 0730-1500, closed during lunch 1200-1300 daily</li><li>➤ Allergy/Immunizations Clinic: Tues and Fri, 0730-1100 and 1300-1600</li><li>➤ Optometry Clinic: Closed until further notice.</li></ul>
➤ Patient Representative, 1Lt Charles Hayes can be contacted at (757) 314-8044 with any concerns, issues, complaints, compliments or to receive TRICARE information.
➤ Emergency Services are not available at Craven Army Health Clinic. Dial 911 (MP Desk will answer) for true emergencies or proceed to the nearest Emergency Room, Sentara, Riverside, or Mary Immaculate. ➤ For non-emergency care after hours - McDonald Army Community Hospital at Fort Eustis and the 1st Medical Group at Langley AFB have Urgent Care Clinics open seven days a week from 0700-2200 hours.
➤ Physical Exams (Active Duty Only): <ul style="list-style-type: none"><li>➤ Call 314-8023/24 for an appointment (Part I or Part II Exam)</li><li>➤ Part I Exams are conducted on Tues each week</li><li>➤ Part II Exams are conducted on Mon, Tues, Wed and Fri @ 1100</li><li>➤ School and sports physicals for family members will be performed on a space-a basis</li></ul>
➤ Retirement Physicals are provided by the VA for all soldiers planning on filing any type of VA disability claim and not go through the physical exam process here at Craven. Contact Maurice Thompson, Military Services Coordinator at (757) 858-6150, ext. 122 to start the process.
<b>DENTAC</b>
➤ The Dental Clinic has walk-in hours from 7:30 am to 9:00 am each morning (M-F) for sick call and exams.



# Monroe Information Meeting



## Directorate of Morale, Welfare and Recreation (788-3737)

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| <p>➤ 20 Oct - 9<sup>th</sup> Annual Fall MWR Golf Classic - 9 am at the Pines Golf Course at Fort Eustis. Entry fee is \$45 per person, \$30 for Pines Members. Registration deadline is COB Monday, October 16. 788-2783. Flyer provided.</p>  |
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| <p>➤ 7 Nov - U.S. Army Soldier Show - 7:30 pm at the Hampton University Convocation Center. Come enjoy this live theatrical entertainment performed by soldiers from around the world. Free and open to the public. For information or tickets, call 788-3151. Flyer provided.</p>  |
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| <p>➤ 19 Nov - Holiday Blizzard Bazaar - 10 am - 3 pm at the Bay Breeze Community Center. Don't miss this great opportunity to do your holiday shopping in "one-stop": silver jewelry, baskets, wreaths, furniture and many, many more to choose from! A Blizzard of opportunities. 788-3151. Flyer provided.</p>                |
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| <p>➤ Oct-Dec- ACS Training Calendar. Several training opportunities are available for soldiers, family members and DOD civilians. See attached flyer for details.</p>   |
| <p>➤ Combined Federal Campaign: Campaign affords the opportunity to contribute to your favorite organizations and is conducted from 22 September to 17 November 2006. Contributors pledging \$125 or more receive the SmartCard, offering year-long benefits. Garrison Commander memo and flyers provided. Flyers provided.</p> |
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## Directorate of Public Works (788-5372)

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| <p>➤ Storm Sewer Repairs: Work beginning on Fenwick Rd between the Ingalls intersection and Bldg 37.</p>   |
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| <p>➤ Tropical Storm Ernesto repairs are in progress; roof repairs, and interior repairs are in progress.</p>   |
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| <p>➤ October Housing Newsletter has been distributed. Copy provided.</p>   |
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| <p>➤ Project Pride: We encourage everyone to assist in keeping up the beautiful appearance of Fort Monroe. Please help by regularly picking up trash around your quarters and buildings. Also, please take the time to do seasonal maintenance around your quarters and buildings.</p> |

## Equal Employment Opportunity Office (788-3500)

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| <p>➤ Disabilities Awareness Month Program. Guest Speaker Cindy E. Thorp, 13 Oct 06 at the Fort Monroe Post Theater, 10 - 11 am. Flyer provided.</p> |
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# Monroe Information Meeting



## Fort Monroe Spouses and Civilians Club

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| <ul style="list-style-type: none"><li>➤ Fort Monroe Spouses and Civilians Club Scheduled Activities.</li><li>➤ 12 October - Basic Black Dress Luncheon</li><li>➤ 3 November - Jewelry Show. Flyer provided.</li><li>➤ 17 November - Laundry Room Ball, BBCC, 6:30 pm</li></ul> |
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## McDonald Army Health Center (MCAHC) (314-7844)

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| <ul style="list-style-type: none"><li>➤ Monthly Retiree Program sponsored by MCAHC<ul style="list-style-type: none"><li>➤ Tuesday, 24 Oct @ 2 pm in the MCAHC Dining Hall.</li><li>➤ Topic of the Month: Women's Health Issues. Flyer provided.</li></ul></li></ul> |
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| <ul style="list-style-type: none"><li>➤ Great American Smokeout - November 16th<ul style="list-style-type: none"><li>➤ For assistance or information call, 314-7612. Flyer provided.</li></ul></li></ul>  |
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## Saint Mary's Star of the Sea (722-9855)

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| <ul style="list-style-type: none"><li>➤ Saint Mary's Star of the Sea Catholic Church is located at 7 Frank Lane, Fort Monroe, VA. The pastor is Father Anthony Morris, C.Ss.R; he is also the Pastor at the St. Joseph Catholic Church in Buckroe. The Bookkeeper/Administrator is Kate Luke.</li><li>➤ Mass is currently held:<ul style="list-style-type: none"><li>➤ Saturday - 5:00 pm</li><li>➤ Sunday - 9:30 am</li></ul></li></ul> |
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| <ul style="list-style-type: none"><li>➤ Women's Faith Group (Bible Study) meetings have resumed. Group meets every Wed, 0900 -1100 in Parish Hall.</li></ul>   |
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## School Liaison Officer (788-4673)

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| <ul style="list-style-type: none"><li>➤ School in full operation - running fairly well.</li></ul> |
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| <ul style="list-style-type: none"><li>➤ Guidance Training Scheduled.</li></ul>                    |
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| <ul style="list-style-type: none"><li>➤ Supporting Soldier Show.</li></ul>                        |
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# Monroe Information Meeting



## Thrift Shop (788-2566)

- Thrift Shop Fall Sale is currently going on. Flyer provided.

- Thrift Shop will be closed on 10 Nov in honor of Veterans Day.

## Toys for Tots (788-3251)

- 4 Nov - Peninsula US Marine Corps, 2006 Toys for Tots Campaign Fundraising Kick Off at Toys R Us, 12132 Jefferson Ave., Newport News, from 8:00-12:00. Radio Disney on site providing coffee, coco, donuts, music and giveaways. For more information log on to [www.toysfortotsva.org](http://www.toysfortotsva.org) and go to local events. Flyer provided.

- 6 Nov – 8<sup>th</sup> annual Toys for Tots Harley Ride, Big K-Mart, 401 Oriana Road, Newport News, 11:00am to 1:00pm. Cost is a new, unwrapped gift in original package. For information call (757)872-7223 or (757)234-4500 or (757)869-5727 or e-mail [djefferson3@lycos.com](mailto:djefferson3@lycos.com) . Flyer provided.

- 6 Nov – Fort Monroe Toys for Tots Campaign Kick Off. Organizations wishing to sponsor Toys for Tots at their Holiday parties may schedule a time for the Marines to pick up the toys. Organizations not having Holiday parties but still wanting to sponsor Toys for Tots may request receptacles for toy collection be brought to your organization. For more information contact Phebe Morrow at (757) 788-3251.

- 23 Nov – 8<sup>th</sup> annual Toys for Tots 5k & 10k Fun Run, Mariners Museum at J. Clyde Morris and Warwick Blvd., parking will be at Warwick High School. Early entry postmarked by 17 Nov. \$18, day of run \$20, registration 7:00 – 8:00 for 5k, and 8:00 – 9:00 for 10k run. 5k run/walk will begin at 8:30, 10k run will begin at 9:30, and 10:00 is the kids 400-yard dash. For more information log on to [www.toysfortotsva.org](http://www.toysfortotsva.org) and go to local events. Flyer provided.

- 15 Dec – 2006 Toys for Tots Campaign concludes. This is the last day for toy pick up. Any toys collected after this date will need to be taken directly to the US Marine Reserve Toys for Tots warehouse (location TBD).



# Monroe Information Meeting



## USO (788-4984)

➤ Military Appreciation Day at the Norfolk Zoo: Oct 15, all active duty military and their family will receive free admission to the zoo with a valid ID, from 10 am to 4 pm. There will be a free show, face painting and jumping balloons. Flyer provided.

## Plans, Analysis and Integration (788-4057)

➤ The next Monroe Information Meeting will be held on 8 Nov.

➤ As a security requirement, if you have not signed in, please do so before you leave.